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The love for PhD

Neema Mbuta^{1*}, Shadrack Mwakalinga²

1, 2 Department of Philosophy and Education, Faculty of Philosophy and Social Sciences respectively: Jordan University College, Morogoro, Tanzania. P.O. Box 1878, Morogoro, Tanzania

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***Corresponding author:** Neema Mbuta

Department of Philosophy and Education, Faculty of Philosophy and Social Sciences respectively: Jordan University College, Morogoro, Tanzania. P.O. Box 1878, Morogoro, Tanzania

Abstract

Doctor of Philosophy (PhD) is a meticulous and gratifying level of education. It has specific demands which might vary according to the type of PhD. This paper provides an overview of the various ways of getting a PhD. Since PhDs varies for example academic PhD, professional doctorates, integrated PhDs, online/distance learning PhDs, doctorate by publication, and honorary PhDs. Then the paper explores the prerequisites, time, and costs involved in earning a PhD, together with the benefits, including personal growth, career advancement, and the development of research skills. It also provides the process required to get academic PhD and the challenges associated in getting the PhD. Finally the paper concludes by giving practical strategies to help PhD candidates navigate the complexities of their academic journey and attain their doctoral degrees.

Keywords: Love and PhD

1.0. Introduction

A Doctor of Philosophy (PhD) is an esteemed and distinguished degree that is immensely valuable, irrespective of the method of attainment. This title denotes a high degree of accomplishment and proficiency in a particular field of study, regardless of whether it is obtained through demanding academic endeavours or bestowed as an honorary acknowledgement. Many see obtaining a PhD as the height of academic achievement, a feat that takes years of devotion, arduous labour, and a strong desire to study. Others might be bestowed with this title as a mark of appreciation for their

services to academia, society, or their particular fields of expertise. In both situations, the title is highly respected and provides access to a wealth of options.

The purpose of this paper is to serve as an inspiration to anyone who is thinking about pursuing a PhD, whether via recognised academic programs or other means. It is meant to act as a roadmap for individuals who hope to accomplish this important academic or career goal. A PhD program assesses a candidate's ability to make major contributions to their field of study as well as their

persistence, bravery, and intelligence. Therefore, it is crucial that prospective candidates understand the difficulties and advantages related to this academic pursuit. This essay also aims to clarify the significance of choosing one's educational path with knowledge. People are urged to be deliberate and picky about the goals they set for themselves in an era where access to higher education is growing. Some people might find that pursuing a PhD through years of study and research is the best path. For some, the acknowledgement that an honorary doctorate confers could be in line with their accomplishments and career objectives. Whatever the route taken, it is vital to comprehend the significance and ramifications of being a PhD holder.

1.1. Doctorate Degree (DPhil/PhD)

A doctorate (DPhil/PhD) can be defined as the highest degree you can earn in an academic field or profession. Earning your doctorate can help advance your career, widening your capacity for serving and increase your salary, while also showing others that you're an expert in your subject area.

1.1.1. Types of doctorate DPhil/PhD

In this first section of this article, we are going to review the different types of doctorate degrees, the areas you can study, and the benefits of graduating with a doctorate. Before we enter into the main objective of this section let us define the key terms.

1.1.2 The Difference between DPhil from PhD

Many people believe that the DPhil and PhD are different degrees. This is not the case. 'DPhil' is an abbreviation of 'Doctor of Philosophy'. Hence, 'DPhil' and 'PhD' are two different manners of referring to the same doctoral degree.

The Origin of 'DPhil'

'DPhil' is traditionally a British term and so only a few universities notably, the University of Oxford, the University of Salzburg still use it. Most universities in the world use the term 'PhD'. In this case we know that both degrees are the same prestigious Doctor of Philosophy award.

1.2. Types of Doctorates Routes

There are different ways which one can use so as to attain PhD. In this part however we shall consider six routes. These are academic PhD or PhD by thesis, professional doctorate and integrated PhD also we will have a look at online/distance learning PhD, doctorate by publication and honorary type of PhD.

1.2.1. Academic PhD or PhD by Thesis

Academic PhDs are usually awarded for original research and scholarship in traditional academic subjects. (Parija & Kate, 2018, p. 4). They can prepare a student for various careers, but their main focus is on broadening theoretical understanding of a subject, rather than improving professional practice. Academic PhDs are also referred to as PhD by thesis or dissertation.

Terminologies like thesis, dissertation and project are common in academic and research practice. Although, these terms are used synonymously by students and some faculty they have different implications. (Parija & Kate, 2018, p. 4).

The term 'dissertation' is taken from the Latin word "dissertare" which means 'to discuss' (Parija & Kate, 2018, p. 4). On the other hand the term "thesis" is originated from the Greek word "tithenai" which means "to place or to put forth". Something like a proposal. The Oxford English dictionary explains thesis as dissertation or long essay which is the result of individual person research done

by a candidate for PhD. Thesis is extremely important and mandatory for completion of doctorate (Parija & Kate, 2018, pp. 4-5) (Ebrahim, 2013, pp. 11-12)

This is the most common means of getting a Doctorate. Over three or four years of research at university, your PhD supervisor will support you as you aim to produce an original thesis based on your research proposal. A thesis is typically 60,000-90,000 words in length - although this can vary between institutions. (Dunleavy, 2003, p. 256)

Once completed, you'll need to defend your PhD thesis in front of a panel of competent examiners during your *viva voce*. It is the oral examination the very important part needed for a candidate to qualify his/her studies. (Karp, 2009, p. 122)

1.2.2. Professional Doctorate

Professional doctorates are given for work that contributes directly to knowledge or practice in a specific field. They also involve original research and analysis. Such kinds of award also incorporate more practical training and instruction. Candidates in this type of PhD may require appropriate experience in their area of specialization.

This type of Doctorate includes a significant taught component and a smaller research project, and is geared primarily towards current professionals in vocational sectors like for example engineering or clinical psychology, health care or teaching. Professional Doctorates are often taken on a part-time basis and can last between two and eight years so as to be accomplished.

1.2.3. Integrated PhD

Integrated PhD is a four-year qualification or a bit more. It is also known as the new route PhD, involves studying a one-year research Masters' degree before progressing onto a three-year PhD. It is offered by a select number of universities

The integrated PhD involves a combination of taught materials, practical experience and advanced research. This allows the candidate to learn specific methodologies, while building the transferable skills that will enable you to become a leader in your chosen profession.

1.2.4. Online/distance learning PhD

As PhDs are based primarily on independent research rather than time spent in lectures and seminars, distance learning has always been a viable route for many Doctoral students.

PhDs by distance learning offered by course providers such as The Open University are therefore a good option to consider if you've got family or work commitments or are an international student - as this gives you the chance to undertake Doctoral research without having to live close to your chosen institution. It's also a suitable mode of study if your subject requires you to be based in a specific location away from the university.

For the most part, you'll be in touch with your supervisor by phone, email or Skype/Zoom. You'll need to bear in mind that even if you opt for this form of research, you'll generally still need to attend university for one or two weeks of each academic year for meetings and to receive research skills training. Your final exam may be undertaken either face-to-face or virtually.

With online PhDs, you can usually register as a full or part-time student. The level of fees you pay varies between institutions -

some charge the same as for a standard PhD while others offer a reduced rate.

1.2.5. Doctorate by Publication

This route involves submitting previously published work - such as books, book chapters and journal articles, which together form a coherent body of work and show evidence of an original contribution to a particular field of study.

The PhD by publication route is often taken by mid-career academics that (Parija & Kate, 2018) haven't had the opportunity to undertake a standard Doctorate degree. Generally, a minimum of five to eight published pieces are required, but this varies between institutions and depends on their length. The published work will be assessed to the same rigorous standards as a traditional PhD by thesis. You must also provide a written supporting statement, which typically ranges from 5,000 to 15,000 words.

1.2.6. Honorary PhD

This type does not require any specific track record of academic or professional work and can be granted at the discretion of a university. There is no enrolment to such doctorates

2. Methodology

The data for this paper were gathered using three different approaches: library research, interviews, and observation. By spending time with the study's participants and surroundings up close, the researcher was able to observe behaviours, interactions, and contextual elements that would be difficult to record using other techniques.

To obtain detailed qualitative information from individuals, interviews were conducted. In order to gain a more complex understanding of the study, this approach provided the freedom to go more into particular areas based on the responses.

Finally, reviewing previously published works, scholarly articles, books, and reports was a component of desk research or library labour. Through the use of this methodology, the researcher was able to discover gaps in the literature, compare findings with earlier studies, and place the study within a larger body of knowledge. The study ensured a more thorough and dependable method to answering the research objectives by triangulating data from these three sources.

3. Findings

3.1. Doctorates: Time and costs

On average from the interview, it takes between four and nine years to earn an academic doctorate. That lengthy timeline often has to do with the dissertation phase, which requires extensive original research.

.....I used four years to complete my PhD.....

.....I used seven years to finalize my PhD studies, it was easy....

.....five years were enough to graduate my doctorate studies...

.....I used eight years and six months for my intensive PhD writing....

3.1.1. Costs of a Doctorate

As with timing, the costs of a doctorate degree will depend on what you choose to specialize in your study and where you go to school, and which University.

..... I have spent more than 30 million for my PhD....

.....I have spent 24 million.....

..... I have spent more than 45 million....

.....I have spent about 15 million.....

3.1.2. What does it take to earn a doctorate?

PhD may involve completing advanced coursework and conducting original research. With a professional doctorate, you will tend to focus your research on solving existing problems, whereas with an academic doctorate, you will be expected to focus your research on contributing a new theory or analysis to your field. Motivation, commitments and smart planning are inevitable for a successful timely result. (Lantsoght, 2018, pp. 16, 19-21).

3.1.3. The Common Requirements Include:

The below mentioned requirement are the general ones and so they can be applied to one PhD and not applicable to another depending on the type of PhD

There are Pre- Requirement

These are needed before one is recognized as a PhD candidate accepted by the University

- a. Successful Completion of Master Degree
- b. Submission of Concept note
- c. Submission of title
- d. Submission of PhD Proposal
- e. Successful defense of PhD Proposal
- f. Institution's application
- g. Letters of recommendation
- h. CV
- i. Transcripts
- j. Entrance exam
- k. Personal statement

Requirement for Completion of PhD Studies

- a. Coursework
- b. Seminar
- c. Public Lecture
- d. Attending PhD conference (Lantsoght, 2018, p. 178)
- e. Learning of new Language(s)
- f. Publication of articles or book section
- g. Internship (clinical rotation)
- h. Submission and University acceptance of Dissertation
- i. Comprehensive exam
- j. Viva Voce – Defense – Oral examination

4. Importance of PhD in Academic Arena

There are many advantages for earning doctorate. Here we will mention few of them. First it is from the personal point of view. It strengthen one's self esteem and sense of fulfillment. Second is that through the journey one will with no doubt learn new skills which are needed in life in special way PhD journey boost resilience level, the value which is crucial in life.

Third, it is the ability to sharpen and widen the multipurpose aspect in one's life. Many PhD students are employed and some have families and other social responsibilities. Taking all these tasks at once is a prove of a sense of maturity and determination. (Karp, 2009, p. 209)

The fourth reason pertains to the fact that PhD is desired by the University when looking for candidates to hold different position in the units, department and faculties; hence, it is advantage to the university and one's career.

Through PhD skills and experience one is able to use the different methods of research so as to discern, identify and solve both education and social problems.

5. Attaining Academic Doctor of Philosophy

The dogging of academic Doctor of Philosophy (PhD) represents a heartfelt devotion to advancing knowledge in a specific area. This process, while intellectually rewarding, is often crowded with challenges. Successful dogging needs strategic planning, persistence, and an intensive understanding of the academic writing landscape. This part outlines critical strategies for achieving research excellence and academic success, providing a roadmap for PhD students (Lovitts, 2001). The following chapter presents some of the processes involved in dogging for academic PhD.

5.1. Selecting a Research Topic or Area of the academic writing

5.1.1. Why choosing area for academic writing or research topic

Choosing an area for academic writing/research topic is a foundational step in the PhD journey. The area/topic not only shapes the path of academic writing but also impacts motivation and engagement throughout the doctoral program. A well-chosen topic should align with your interest (the student's interests), and have academic significance, and offer potential for original contributions to the field (Phillips & Pugh, 2010).

5.2. Strategies for Topic Selection

5.2.1. Review of Literature connected to the existing situation:

Examining a sizable corpus of literature also aids in the PhD candidate's critical evaluation of the body of research already conducted, pointing out any holes, contradictions, or understudied regions. This process of examining the literature is crucial in determining new areas for research, as noted by Randolph (2009). A researcher might carve out a niche for their own study by identifying what is lacking or under-represented in the mainstream academic discourse. This allows them to address unanswered topics or offer novel insights.

5.2.2. Consultation with Supervisors and peers having the same experience:

Refining research topics during the PhD process requires active engagement with peers, mentors, and supervisors. Conversely, peers provide a cooperative learning setting where concepts can be explored, argued, and refined. Students who interact with one another develop critical thinking skills and are exposed to novel ideas or points of view that they might not have otherwise considered. According to Boud and Lee (2005), these cooperative endeavours act as a sounding board for honed research interests, which in turn provide more comprehensive and precisely defined scholarly work.

5.2.3. Feasibility and Resources:

A crucial first stage in guaranteeing practical and efficient study planning is assessing and analysing the research's viability. The resources at hand, including money, time, equipment, and

participant or data access, must be carefully considered throughout this process. It also enables the researcher to foresee difficulties and devise plans of action to get beyond probable roadblocks, be they methodological, ethical, or logistical. Jiranek (2010) asserts that this kind of extensive assessment guarantees that the research is both practically feasible to do and rigorously thought out. Early evaluation allows the researcher to make necessary adjustments to expectations, strategy, and schedule in order to effectively complete the study within the allocated time and resource pool.

6. Building a Strong Mentor Relationship

Health relationship with supervisor is an important criterion for the attainment of PhD. The PhD candidate is expected to learn and understand the academic orientation of his/her supervisor so as to cultivate a smooth relationship between the two. A Mentor/supervisor plays a role in a PhD student's academic journey. They provide guidance, support, and feedback, helping to navigate the complexities of research and academic life (Johnson & Huwe, 2003).

Strategies for Effective Mentoring Relationships includes:

Effective communication: Establishing open and transparent communication channels ensures that expectations and objectives are clearly understood to both of them (Knox & McGovern, 1988). *Regular Meetings:* Planning for regular meetings to discuss progress, challenges, and next steps keeps the dissertation/research on track (Baker & Pifer, 2011). *Giving regular Feedback:* Giving regular feedback from the mentor can significantly enhance the quality of research (Paglis, Green, & Bauer, 2006).

7. Time Management and Productivity

The issue of time is to be taken with consideration because the completion of PhD project needs the involvement of other people who are always occupied with many things. Hence the candidate needs to know and to plan when and how to meet the deadlines which are stipulated and the not stipulated ones.

7.1. Importance of Time Management

Consideration of time is essential for balancing the demands of dissertation/research, coursework, and personal life. PhD students often juggle multiple responsibilities, making it crucial to develop strategies for increasing productivity (Macan et al., 1990).

7.2. Techniques for Time Management

Techniques of time management involves: *Prioritization* by identifying and focusing on high-priority tasks ensures that critical milestones are met (Britton & Tesser, 1991). *Scheduling:* Creating a detailed schedule that allocates specific times for research, writing, and other activities helps maintain a balanced workload (Schlachter & Weber, 2018). *Breaks and Downtime:* Incorporating regular breaks and downtime prevents burnout and promotes sustained productivity (Peters & van Houten, 1991).

8. Networking and Collaboration

In this section we are going to look on the importance of academic connections which can not only provide the requirements for accomplishment of PhD project but can also offer a platform to meet people of same rank.

Importance of Networking: Building a professional network is very important for academic success. Developing networking provides opportunities for collaboration, knowledge exchange, and career advancement (Cross et al., 2001).

Techniques for Effective Networking includes: *Attending Seminars and Conferences* and presenting at conferences allows students to showcase their research and connect with other scholars in their field (Rowe, 2018). *Professional Organizations:* Being exposed to relevant professional organizations provides access to resources, events, and a community of peers (Gardner & Barnes, 2007). *And Creating Collaborative Research:* Engaging in collaborative research projects can enhance the quality of work and open up new avenues for inquiry (Brew & Boud, 1995).

9. Writing and Publication

Writing and publishing are the primary duties which connect the mind of an expert or PhD holder not only to scholars but also to the entire society. It is the way of sharing the findings and keeping oneself up to date.

9.1. Importance of Writing Skills

Writing proficiency is essential for presenting academic reports and research findings in an efficient manner. Additionally, a significant turning point in the academic career is publishing in peer-reviewed publications. Publication is an important indicator for assessing a researcher's work and also adds to the larger scientific community, as Boice (1990) emphasises. Peer-reviewed publications validate research findings by putting the work under the critical examination of subject matter experts. In addition to increasing the body of knowledge within the field, this procedure guarantees the calibre and legitimacy of the research. Thus, a researcher's capacity to make a significant contribution to scholarly debate and establish a solid professional reputation is directly impacted by their writing abilities.

9.2. Techniques for Effective Writing

9.2.1. Writing Regularly:

Establishing a daily writing schedule is essential for keeping academic work moving forward and improving coherence of ideas. Silvia (2007) asserts that regular writing fosters ongoing idea development in addition to increasing productivity. Regular journaling allows the researcher to spot logic errors or places that require more inquiry, which enhances the overall calibre of the work. Additionally, writing on a daily basis helps one convey thoughts more clearly because it sharpens one's capacity to communicate complicated ideas more effectively due to continuous involvement with the content. The end result of this process is a final product that is more polished and coherent.

9.2.2. Peer Reviewers and Feedback:

To improve the quality of academic writing and to refine arguments, it is imperative to seek feedback from peers and other academicians, particularly when preparing a work for publication. Hewitt (2002) asserts that this collective assessment improves the research's credibility in addition to fortifying the arguments' rigour and clarity. Constructive criticism makes the work more solid and convincing by addressing any potential objections or counterarguments that might surface during the peer-review process. Furthermore, the researcher's chances of a successful publication can be increased by getting advice from seasoned academics who can help them match their work with the standards of the academic community. In general, getting input is essential to improving the substance and organisation of academic work, producing a more polished and nourished work.

9.2.3. Journal Requirements:

Understanding the unique demands and standards of target journals greatly improves the likelihood of a successful publication.

According to Belcher (2009), researchers can better craft their articles to appeal to the journal's editorial board and readership by being aware of the journal's scope and audience. For instance, whilst some publications prioritise theoretical or transdisciplinary work, others may prioritise empirical studies. Through appropriate journal selection and methodology, the researcher can prevent needless revisions or rejections due to scope mismatch. In addition, following submission standards shows professionalism and attention to detail, two qualities that are highly regarded during the peer-review procedure. In the end, a well-prepared submission that satisfies the target journal's particular requirements has a higher chance of moving through the review process and publication.

10. Controlling Mental and Emotional Well-being

The aim of this section is first to make an emphasis on the importance of commitment when it comes to the whole project of PhD. The fact is this; it is not a simple or an easy task. It requires a total dedication and it involves all the dimensions of the candidate and so the issue of well-being is crucial.

The demands of a PhD program may take a toll on mental and emotional wellbeing. Therefore maintaining well-being is essential for long-term success and fulfillment (Stubb, Pyhältö, & Lonka, 2011). The well-being can be maintained by: *Being Mindfulness and using Relaxation Techniques:* Mindfulness and relaxation techniques may reduce stress and improve focus and responsibilities (Shapiro et al., 1998). *Making a Support Systems:* A support system of peers, family, friends, and fellow students provides emotional and practical support (Lovitts, 2001). *Connecting yourself to Professional Help:* Seeking professional counseling or therapy when needed may address mental health concerns effectively (Hyun, Quinn, Madon, & Lustig, 2006). And Cultivate inner conviction that you can positively and successfully accomplish the study.

11. Challenges associated with the PhD Journey

11.1. Graduation date is not determined until you graduate:

PhD study completion delays can result from a number of things, such as institution requirements, supervisors' and reviewers' pace, and even the PhD scholar's own. Universities frequently impose strict guidelines for dissertation format, length, and submission dates; as a result, candidates may have to labour longer to complete their dissertations within the allotted time. It can take a while to navigate these institutional expectations, particularly if there are changes, approval procedures, or administrative duties to do (Jiranek, 2010). The following are anchor examples from the interview"

.....I submitted my dissertation for the review process, it took almost six months to get feedback.....

.....My supervisors were saying my work/dissertation does not meet University academic standards without telling me what the standards are.....

.....I was waiting for the deadline so that I can just submit because if I submit earlier my supervisor might come up with the new suggestions.....

11.2. Being asked irritating questions like when you are going to graduate or you have already given up:

Many PhD students are often subjected to such questions, typically by non-PhD holders. Even PhD holders may ask, sometimes sharing their own experiences—some proudly stating they graduated in 30 or 36 months, while few admit taking more than four years (Lovitts, 2001).

.....*When are you expecting to graduate.....*

..... *So and so started before you now is graduating what about you?.....*

.....*PhD is not a joke till this moment you have not graduated.....*

.....*This is the fifth year, does it mean PhD has no time frame?.....*

11.3. Romantic relationships leading to misunderstandings about PhD progress:

Some individuals may pretend to know more about a PhD candidate's progress than the candidate themselves. This can result in misinformation being reported to higher authorities, potentially lowering the candidate's credibility if the administration is not well-organized (Johnson & Huwe, 2003).

11.4. Fear of not meeting expectations:

PhD candidates may constantly worry about not meeting their goals or expectations, often influenced by inadequate mentorship, a lack of essential academic resources, financial challenges, and other external factors (Paglis, Green, & Bauer, 2006).

11.5. Isolation:

Due to the intense and lonely nature of their research endeavours, many PhD students suffer from a strong sense of loneliness. Students frequently find themselves working alone for extended periods of time due to the demanding nature of original research. The stress of meeting deadlines, producing excellent work, and navigating challenging academic requirements exacerbates this feeling of isolation. Such isolation can result in emotions of alienation from classmates as well as the academic community as a whole, claim Stubb, Pyhälto, and Lonka (2011). The absence of social interaction can impede teamwork and restrict chances for constructive criticism, both of which are essential for motivation and intellectual development. Additionally, the psychological costs of isolation may have an effect on students' mental health, raising the possibility of stress and burnout.

11.6. Work-Life Balance:

Many PhD students, especially those who are also employed, struggle to strike a balance between their personal and academic obligations. A PhD program's requirements, which frequently include demanding coursework, a lot of research, and teaching duties, can be too much to handle. As they must balance the conflicting demands of work and academic deadlines, students who balance their education with employment responsibilities face an even greater challenge, according to Macan et al. (1990). Due to the potential for severe time constraints, this dual job may leave little time for personal interests, family obligations, or self-care. Students may experience elevated stress and anxiety as a result of the ongoing pressure to perform well in both areas, which makes it challenging for them to maintain a healthy work-life balance

11.7. Maintaining Mental Health:

Since academic pressures frequently increase with time, managing stress, anxiety, and the danger of burnout as a result of academic demands is a significant problem for PhD students. Stress can become a constant during doctoral studies due to their intense nature, which is marked by rigorous examinations, high standards for research output, and a need for originality. According to Hyun et al. (2006), students' anxiety levels can rise as they move through their programs because of the increasing pressure of deadlines, the need for self-motivation, and the solitude that comes with research. Prolonged stress can take many forms, such as physical ailments, emotional exhaustion, and poor academic performance.

11.8. Supervisor Relationship:

Navigating complex relationships with supervisors can be difficult. Some supervisors may have unrealistic expectations, stating things like, "I did my PhD in more than seven years, who are you to graduate before seven years?" Such comments and the power imbalance can add to the stress of PhD candidates (Knox & McGovern, 1988).

11.9. Publication Pressure:

The pressure to publish in reputable journals can cause significant stress. While there is a heavy emphasis on high-impact journals, guidance on identifying reputable publications is often unclear. Additionally, the reality of professors publishing in so-called predatory journals highlights the politics of academic publishing (Belcher, 2009).

.....*I wanted to publish in a certain journal, my supervisor said it is not suitable but I saw one of his publication there...*

..... *My supervisor says I have to find reputable journal for publication but he does not give me the list of reputable journals..*

11.10 Long-Term Commitment:

PhD candidates frequently devote several years to a single research project; this kind of dedication can present a number of difficulties, such as changing the course of their research or experiencing emotions of boredom and dissatisfaction. This extended concentration on a single subject might make students feel stuck since they can run into unforeseen obstacles or feel like they aren't making any progress, which can sap their enthusiasm. It can be emotionally taxing and discouraging for candidates to revisit and improve their ideas or methodology due to the iterative nature of research, according to Phillips and Pugh (2010). Moreover, when applicants struggle with the complexities of their work, the initial thrill may eventually fade due to the intrinsic intricacy of academic research, to be replaced with weariness and a sense of monotony.

11.11 Imposter Syndrome:

Even when they have ample proof of their skill, many PhD applicants struggle with self-doubt and constantly doubt their abilities. This tendency, which is sometimes called "impostor syndrome," is especially common in high achievers who find it difficult to accept their own success. According to Stubb, Pyhälto, and Lonka (2011), many students continue to believe that they are not as capable as other people think they are, even when they receive favourable feedback from peers, supervisors, and academic exams. Their confidence may be hampered by this ongoing self-doubt, which will make it challenging for them to fully participate in their research and professional development. These emotions can be heightened by the pressure to perform well, which can cause

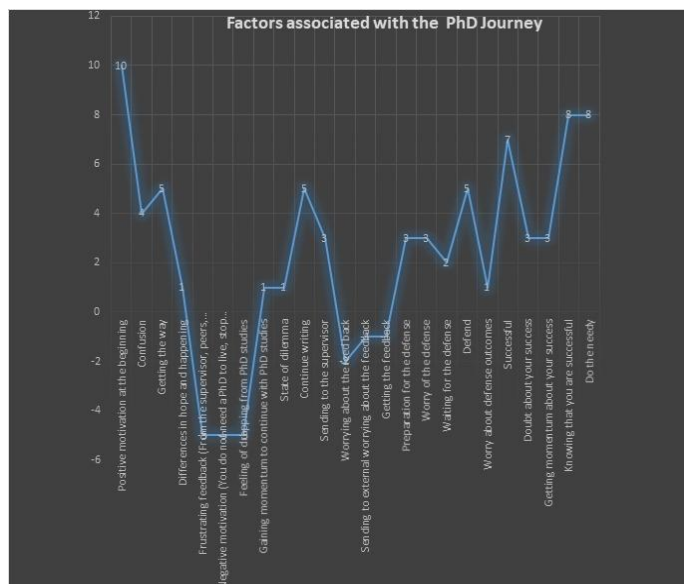
applicants to set unreasonably high expectations for themselves and worsen their anxiety.

11.12 Finances

The course and success of PhD studies are significantly influenced by finances. To pay for living expenses, research fees, tuition, and other academic-related charges, one must have sufficient financial assistance. Insufficient funds can cause stress and distraction because they force students to take out loans or work part-time jobs, which takes away from their ability to focus and devote enough time to hard academic research.

Financial limitations may prevent students from pursuing some academic goals, such as fieldwork, experimental research, or access to specialised tools or materials. Consequently, this could have an impact on the calibre and novelty of their research. Furthermore, underfunded students may find it challenging to fully engage in academic discourse and possibilities due to the high expense of academic resources, conference travel, and journal publication fees. The main tools for easing these financial strains are grants, scholarships, and research fellowships. Stable funding allows doctoral candidates to focus more on their studies, create better work, and interact with the academic community more actively, all of which contribute to their eventual success.

12. Other factors associated with the PhD Journey are summarized in the figure below:



Conclusion

The journey to academic PhD is both challenging and rewarding, requiring strategic planning and perseverance. By selecting a meaningful research topic, fostering strong mentor relationships, managing time effectively, networking, honing writing skills, maintaining well-being, and planning for the future, PhD students can navigate their path to academic excellence and success. This paper provides a comprehensive guide, offering practical strategies to support doctoral students in achieving their academic goals.

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